ABSTRACT

A sports guard for placing in a mouth of a user is disclosed. The guard includes generally a base member having a generally U-shaped form corresponding to the outline of a jaw of a user defining an upper channel within which an upper row of teeth of a user can be received. The guard also discloses a teeth engaging element associated with the channel which is made of a material able to be user conformed or user moulded to the mouth of the user. The guard also includes shock absorption means associated with the base member for absorbing impact shock. The shock absorption means comprises open channels in the base member that function much like air springs. Further the base member advantageously comprises polyethylene mixed with up to 10% of EVA. The addition of EVA gives the guard more flexibility. The teeth engaging element is made of EVA.